

## Surround Yourself For Support Worksheet

Since job change impacts social circles, use this worksheet to evaluate and rebuild your social circles. List current connections that fit each type, keeping in mind, number of spaces provided represent approximate ratios, not a recommended number of friends.

Acquaintances	Casual friends	Close friends	Intimate friends
<p>People you recognize and who recognize you. You may chat to them occasionally, know some basic facts about them, and make small talk.</p>	<p>Casual friends enjoy one another's company and usually make plans to meet up. This kind of friendship is usually based on a shared hobby, job, or situation.</p>	<p>You both feel able to reach out to each other at any time. Since you have mutual respect and appreciation, you ask one another for advice.</p>	<p>You might feel able to talk about anything and everything. The friendship feels safe and familiar. Another term for an intimate friend is "best friend."</p>